Vegetarian zucchini lasagna

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I love a classic lasagna but when my garden is overflowing with zucchini this is vegetarian zucchini lasagna starts showing up on my table. With layers of roasted zucchini marinara and three kinds of cheese, this recipe is full of flavor everyone loves.

It’s a great recipe when you are craving Italian and want low-carb too. Also a good recipe for batch cooking. Make a double batch bake one and freeze one. It can be frozen before or after baking, then tawed out and baked when you are ready to serve.

Three tips for success when making vegetarian zucchini lasagna

T o keep the lasagna from being watery because of the high water content in the zucchini first salt the zucchini and let it sit for at least 30 minutes to extract the liquid. then pat dry with paper towels before roasting . Roasting also helps to extract the water.

Another step to prevent watery vegetable lasagna is to bake the lasagna uncovered for 70% of the cooking time. This allows the steam to escape.

Here is the link for the lasagna casserole dish

Ingredients

- 4 medium zucchini
- 4 cups marinara sauce

- 4 cups ricotta cheese
- 1/4 cup chopped Italian parsley
- 1 egg
- 1 1 /2 cups grated parmesan divided
- 2 cups shredded mozzarella
- 1 cup toasted bread crumbs

Instructions

1. Start by slicing your zucchini as thin as possible with a knife. Lay flat salt the zucchini slices and let sit for 30 minutes. Than pat dry to absorb the liquid.
2. roast the zucchini in a preheated 375-degree oven until lightly brown about 10 minutes.
3. Mix the ricotta with the parsley, egg, breadcrumbs and 1/2 cup of the grated parmesan.
4. In a 7 x11 casserole dish begin layering the zucchini lasagna staring with the marinara sauce, zucchini and the mozzarella repeat the process ending with zucchini, marinara and cheese.
5. Bake in a preheated 375-degree oven for 45 to 55 minutes. Let the lasagna sit for15 minutes before cutting. ENJOY!!!